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at Prince Charles Drive,  
Wendell

# INPORT NEWS

SERVING PORT COLBORNE • WAINFLEET • SHERKSTON • LOWBANKS • ISSUE NO. 50 VOLUME 15

For news updated daily see [www.inportnews.ca](http://www.inportnews.ca)■ **HEALTH AND WELLNESS CENTRE:** Mayor tours construction site, sees future of facility

Sparks fly from a grinder as a worker makes a few cuts at the city's health and wellness centre.

DAVE JOHNSON Staff Photo

## A sense of community

DAVE JOHNSON  
InPort News Staff

**PORT COLBORNE** — Mayor Vance Badawey had a lot of questions and suggestions as he recently toured the city's new health and wellness centre.

"Maybe we should put a service window in here. ... It might be something you want to think about," Badawey said near the area where skate sharpening will take place once the complex is open next year.

The mayor spoke about his days as a hockey player and hobbling over to a skate sharpening with only one skate one. His suggestion

about a service window was to make things easier for players.

He was told players will have access to the skate sharpeners, a corridor will take them right where they need to go.

In the future lobby, he suggested a fireplace for one area. But he learned there would be no gas lines to service that area, and where he suggested a fireplace there would be a glass wall.

That wouldn't give him the feel he was looking for in having a fireplace as a focal point for people to gather as they use the facility.

see FACILITY | page 2

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A Very Merry Christmas And Happy New Year To All!!

## FACILITY

# Anticipation high as construction continues

FROM PAGE 1

Even with blueprints in hand, sometimes seeing how things will look or where they'd be in the new centre was a little difficult without walls, glass windows and doors in place.

But, despite the lack of doors, walls, glass windows, ice surfaces and filled pools, Badawey could envision what the facility will look like once it is complete late summer 2012.

**“This facility is a reflection of the community. We listened to people and user groups ... it's very customer friendly.”**

Mayor Vance Badawey

“I can see how busy it will be, filled with children and families,” he said, adding standing the giant open space where one of the two hockey rinks will be, gave him a sense of community.

“Once the centre is open, it will bring the community together. It will feel good to



DAVE JOHNSON Staff Photos  
LEFT: With storm clouds over their heads, workers on the new health and wellness centre cut boards for the roof over the pool area.

BELOW: A mason works on a concrete block wall at the health and wellness centre.



be inside.”

Badawey sees it as a place for people to gather, to see friends they haven't seen in

a bit, all while watching their children or grandchildren play hockey, swim in the pool or play basketball in the gym.

And it's not only inside that he sees that taking place. Outside, bocce players will be able to play on their courts, while soccer fields around

back and to the south will be filled with players.

“This facility is a reflection of the community. We listened to people and user groups ... It's very customer friendly.”

Before anyone can gather at the new centre, it has to be

finished first.

Ron Hanson, the city's engineering and operations director, who led Badawey on the tour with public works superintendent Paul Peyton, and Aquilon

Construction site superintendent Joe Capobianco, said construction work is pretty much on schedule.

“They may be a couple of weeks behind, but it's nothing serious that can't be made up.”

Hanson said there were some delays in regards to steel delivery earlier in the project, but Aquilon Construction and subcontractors on the site worked extra hours to catch up.

Delays in pre-cast concrete slabs also took place, but again, extra hours were put in to catch back up.

“Generally, for the scope of a project like this, it's going very well.”

During a recent visit to the site, masonry workers were putting up walls inside the facility, a wooden roof was going overtop of the pool area and workers

were set to test out part of heating system around the pool. The whole complex was abuzz with activity as workers try to close in the facility before the snowflakes.

Hanson said the plan is to commission the building in August 2012 and have it open in September or October at the latest.

Plans for the building and various colour schemes and panels being used, can be found on the second floor of city hall.

Hanson said the gym will not be a hardwood floor, but instead an all-purpose surface than can be used for anything.

“We won't have to worry about people dragging chairs across the floor. The running track will have a non-slip rubberized surface on it.”

djohnson@wellandtribune.ca  
Twitter: @DaveJTheTribune



DAVE JOHNSON Staff Photos

ABOVE: Mayor Vance Badawey, public works superintendent Paul Peyton, and Ron Hanson, the city's engineering and operations director, look over plans to the city's new health and wellness centre.

LEFT: Mayor Vance Badawey stands inside the newly-named Vale Health and Wellness Centre during a recent tour.

# portraits

■ **NAMING RIGHTS:** Mining company title sponsor of Port Colborne sports complex

## Vale buys sportsplex naming rights

EDDIE CHAU  
InPort News Staff

**PORT COLBORNE** — There's \$1.25 million worth of nickels being invested in Port Colborne's Health and Wellness Centre.

Mining company Vale was revealed as the title sponsor of the city's sports complex after providing the major contribution to the facility. The money will be distributed over the next 10 years.

**“It's going to be a place where children will play, adults will stay fit and families will be active together.”**

Del Fraipont, plant manager of Vale in Port Colborne

In a ceremony outside the complex's construction site, Mayor Vance Badawey unveiled name of the building as the Vale Health and Wellness Centre.

Badawey said the health and wellness centre is the city's single largest investment in the community. Calling the facility's naming

a “milestone in our community,” the mayor said the mining giant has been an integral part of the municipality for more than a century.

“While the company name may have changed through those years, their commitment and dedication to the community has not,” Badawey said.

In front of about 50 people at the naming ceremony, Badawey said the Vale Health and Wellness Centre has been a building that's been needed for the past 10 years to replace aging facilities — Teeder Kennedy Youth Arena, Westside Arena and Centennial pool — while enhancing programs for residents and visitors alike.

The mayor said the facility will provide a strong sense of community and civic spirit, a safe environment for people to recreate and leisure while building partnerships with individuals, community groups and corporations.

“The Vale Health and Wellness Centre will be inclusive, accessible and participatory,” Badawey said.

Del Fraipont spoke on behalf of Vale (formerly Inco). He's been the plant manager at the Nickel St. refinery for



Port Colborne Mayor Vance Badawey and Vale's Del Fraipont and Bruce Bichel unveil the name of the city's sports complex: Vale Health and Wellness Centre.

EDDIE CHAU Staff Photo

the past 15 years.

Fraipont said the \$1.25-million sponsorship is a positive step in the right direction, stating it's an investment in the community for the future.

“It's going to be a place where children will play, adults will stay fit and families will be active together,” Fraipont said. “We are committed to projects that contribute to health and vitality of the community.”

Construction continues on the Vale Health and Wellness Centre, situated on the site of the former Teeder Kennedy arena at the Thomas A. Lannan Sports Complex. Once completed in November 2012, the 13,006-square-metre centre will feature two NHL standard-sized rinks, an aquatic centre with lap and leisure pools, gym and fitness area, bocce courts and an indoor walking track.



DAVE JOHNSON Staff Photo

Mayor Vance Badawey, engineering and operations director Ron Hanson, public works superintendent Paul Peyton, and Aquicon Construction site superintendent Joe Capobianco look over an arena inside the city's health and wellness centre.



EDDIE CHAU Staff Photo

Del Fraipont, plant manager of Vale in Port Colborne, speaks about the importance of the new Vale Health and Wellness Centre while Mayor Vance Badawey looks on in the background. Vale was named the title sponsor of the city's health and wellness centre.

# INPORT NEWS

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## ■ ourview

# Alarming numbers

Smoke alarms save lives.

We know everyone hears that line over and over, but it's an indisputable fact. Smoke alarms give people the extra time the need to escape a fire.

That's why we're alarmed over statistics from Port Colborne Fire and Emergency Services around the number of people that lack working smoke alarms or smoke alarms at all.

In October, the fire service went into 240 homes in a subdivision and in more than 45%, firefighters had to install smoke alarms or batteries.

While that number is alarming in itself, what's more alarming is that for many of those homes, it was the second visit by firefighters where they had to install smoke alarms or batteries.

It's unacceptable that in a nine year period, firefighters would have to install smoke alarms and batteries again.

We know firefighters hear all sorts of excuses as to why people don't have working smoke alarms or smoke alarms at all. But there is no valid reason not to have one. It's mandatory to have one outside of every sleeping area and on every level of a home.

Smoke alarms are a lot less expensive than they used to be, so there's no reason a home shouldn't have them.

And now, people are being charged for not having them. The fire service has zero tolerance when it comes to this issue, as well it should, and is taking people to court.

Fire prevention officer Mike Benda said one Port Colborne homeowner was recently charged and paid a fine of \$4,800.

"That's \$4,800 for two \$10 smoke alarms," said Benda.

While the penalty may seem harsh, the fire service said a \$200 ticket was not much of a deterrent for homeowners.

In Port Colborne, at least two lives could have been saved had the residents had working smoke alarms. The two people who died were within a metre of an exit door to their homes.

If they had working smoke alarms, the extra minute or two of notice an alarm would have given them, would have saved their lives.

Small fires, Benda said, turn into large quantities of black smoke and 500 degree temperatures within the five to six minute range now, due to various materials found inside homes.

"If you haven't started getting out in that time, you may not make it out. Smoke alarms are your best friend, they will give you that extra minute or two to get out."

So tickle an extra minute or two today and make sure your smoke alarms are working. If you don't have one, go out and buy one. It could end up saving your life and the lives of your family.

## ■ I'VE BEEN THINKING

FR DAVID SCOTT  
St Ignatius of Antioch Orthodox Church

One of the most important books that led me eventually to enter the Orthodox Church was Fr Alexander Schmemmann's book entitled, *For the Life of the World*. The National Student Christian Federation commissioned the young Fr Alexander to write it, and it was published in 1963.

Fr. Alexander Schmemmann grew up in Paris and after studying and then teaching at St Sergius Seminary in Paris, he was called to St Vladimir's Seminary in Crestwood, NY, where he was Dean. He began his seminal book with the quotation, "Man is what he eats."

He continued, "With this statement the German materialist philosopher Feuerbach thought he had put an end to all 'idealistic' speculations about human nature. In fact, he was expressing without knowing it, the most religious idea of man. For long before Feuerbach the same definition of man was given by the Bible. In the biblical story of creation man is presented, first of all, as a hungry man who must eat to be whole."

"Second only to the direction to propagate and have dominion over the earth, according to [Genesis 1]. God instructs men to eat of the earth: 'Behold

I have given you every herb bearing seed...and every tree, the fruit of the tree yielding seed; to you it shall be for meat...' Man must eat in order to live; he must take the world into his body and transform it into himself, into flesh and blood. He is indeed that which he eats, and the whole world is presented as one all-embracing banquet table for man."

"And this image of the banquet remains, throughout the whole Bible, the central image of life. It is the image of life at its creation and also the image of life at its end and fulfillment: '...that you eat and drink at my table in my Kingdom.'"

One of the old movies that I remember best was called Auntie Mame, based on the book by the same name. Auntie Mame was a daring and forward-looking woman in New York City, who took herself the guardian of an orphaned boy by the name of Patrick. Auntie Mame took Patrick on her travels as far as India and they had many adventures. And at one point Auntie Mame held up her hand as if to embrace the world where they were and said, "Patrick, life is a banquet, but most poor suckers are starving to death!"

In Luke 14:16-24, St Luke gives three examples of suckers, who preferred real estate, farm equipment or married sex to the great banquet. And because they would not come, the host said, "None of

those men who were invited shall taste my supper."

Now the supper, the great banquet, was the man Christ Jesus, whom St John 6 records as saying that he was the Bread of Life. And St John the Baptist called Jesus the Lamb of God (John 1), recalling the Passover Lamb that the Israelites first ate prior to their exodus and deliverance from slavery in Egypt long before.

Since Jesus was the very Son of God and the new Adam, he said he was indeed the Bread of Life. Listen to him: "I am the living bread which came down from heaven. If anyone eats of this bread, he will live forever; and the bread that I shall give is my flesh, which I shall give for the life of the world" (In 6:51). Hence Fr. Schmemmann's title, *For the Life of the World*.

The reason for the season of Christmas is that the words of God by which man is to live (Deuteronomy 8:3) were summed up in the Word incarnate, Jesus, the Bread of life, who was born of the Virgin Mary and placed in a manger or feed trough. It is by eating Christ's substance and drinking his vitality by faith and by the power of the Holy Spirit that we become a new creation and do good works, which God prepared beforehand that we should do them. That is why Christmas is a time of great joy for those who have ears to hear.

## ■ readers' views

### No change blowing in

Re: *The wind industry, McGuinty's government, and unashamed, December 2*  
The Canadian Wind Energy Association has been not in any way changing its position on wind energy and human health.

The balance of scientific and medical evidence to date clearly concludes that sound from wind turbines does not adversely impact human health. There are well over 100,000 turbines operating worldwide and hundreds of thousands of people are living with wind turbines and around them, the overwhelming majority of whom have productive and positive experiences. In fact, it is widely understood that wind energy can deliver with significantly less impacts to our environment...to both humans and wildlife - when compared to other traditional forms of energy.

CanWea advocates for the responsible and sustainable development of wind for the benefit of all Canadians. As a respon-

sive industry, we will continue to receive and review new and credible information pertaining to wind energy and human health as it is made available.

Please find below a link to a number of reviews of the scientific and medical literature on wind turbines and human health. [www.canwea.ca/wind-energy/talkingaboutwind\\_n.pdf](http://www.canwea.ca/wind-energy/talkingaboutwind_n.pdf)

Chris Ferreira, vice-president

communications  
Canadian Wind Energy Association

### Democracy or party control?

An open letter to Cindy Fortster:

I am one of many rural constituents who were elected to represent. It appears you have little if any concern for rural voters?

During the election campaign I did attend candidates nights and heard you speak. Although you appeared not to be really convinced you did state that you thought that taking away the municipalities rights to decide if their commun-

ties wished to have wind projects forced on them was wrong as it was being done under the Green Energy Act. You did go on to suggest that if elected you would support a motion to return those rights back to municipalities?

You and your NDP colleagues including your new leader, who had expressed similar views during the campaign, support a motion to return those rights publicly you were prepared to stand up for those election promises you had made so recently. You all failed, and spectacularly.

It was no more than a second reading of a Private Members Bill, so a vote to allow the possibility of debate and discussion, no more. A bill to debate whether or not to devolve powers back to local municipalities. Seventy-nine Ontario municipalities had already expressed a wish that this should be so. It's difficult for any reasonable person to understand why you opposed?

continued on page 5

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## ■ COLUMN

# Christmas with the family dog

Even though your dog may not be a puppy now, Christmas and all the trimmings can still be a real danger. It's a good idea to think ahead to all the problems that your dog could get into over the holiday season.

It is smart to set up the tree where the dog can not get to it. If the dog can get near it then he could knock it over, break and eat the decorations, needles, and tinsel. He can try to chew the extension cord or drink the chemical water in the tree stand.

Remember to place Christmas plants in a location that the dog can't reach as some of these plants can be poisonous for dogs.

At Christmas time food is everywhere. Guest will leave half filled glasses and half eaten food items in locations that the dog can reach. Bones, toothpicks, chocolate, candies, are only a few of the items a dog will try to steal. Plus a wagging tail has been known to knock over may glasses, dips, plates, and Xmas displays left on coffee tables. While entertaining or eating it is probably a good idea to leave the



Sandie Bingley  
IT'S A DOG'S LIFE

dog in another area of the house. When opening gifts have a green garbage bag handy to dispose of all the wrappings, ribbons, clips, tape, boxes, plastic bags that your dog may decide to try to eat. All garbage from gift wrappings and all food garbage from Christmas dinners and parties needs to be stored out of the house in the garage or garbage bin until garbage day removal. All of the items could cause serious damage to a dog that raids the Christmas garbage.

At this time of the year your guests will need to be trained, as well as the dog, to follow the rules of the house. Don't let your guests feed the dog food that he shouldn't have. Don't let the guests allow you dog up on the furniture if he isn't normally allowed to be there. If your dog is not used to children then don't let the guest's

children play with your dog especially if your dog is nervous or scared of kids. Again the best plan is to remove the dog to his own quiet area. If your dog likes to try to escape out the front door when guests arrive then perhaps he should be put away before company comes and then come out for a short visit after everyone is settled. Also remember that not everyone is happy to have your dog sitting on their lap while they are trying to enjoy their visit.

Hopefully at some point in time your dog will be trained well enough that you can tell him to go and lie down on his mat and stay. In the mean time have a great and safe holiday with your family and family dog.

Merry Christmas and Happy New Year!

## ■ readers' views

### FROM PAGE 4

It's impossible to find any plausible explanation apart from the obvious one. As it happened to be a private members bill introduced by a Conservative MPP when it came to it you NDP politicians were told under no circumstances could you be allowed to support it. So you didn't.

From 50 promised votes on Tuesday to an absentee presence of NDP members on the day of the vote, except for around half a dozen who all voted against. A pretty convincing argument that there is little freedom of choice allowed within the NDP. It seems that if the electorate did vote for the NDP with any illusions that somehow your party was going to show a new honesty and transparency in the way you conducted business in parliament it was no more than just that, an illusion. I have little regard for either Liberal or Conservative parties and now, by your actions, you and your NDP colleagues have completed the set and obviously intend to indulge in the same partisan politics you

so recently condemned both the Liberals and Conservatives of.

Andrew Watts  
Wainfleet

### Thank you

Christmas greetings and heartfelt thank you to many in the community who helped to make our 35th Annual Grand Old Christmas Festival a great success. Visitors of all ages were greeted by friendly smiles of our hardworking volunteers. Thank you to our generous sponsors: Bridgeview Motors, Young Automotive Professionals, Harvey's Swiss Chalet, Boggio Pharmacy, Something Else, Stamplicity, Dairy Queen, Home Hardware, Allied Marine, Business Express, and Arabella's Tea Room. The museum was pleased to offer traditional winter and Christmas activities to a record crowd and we look forward to seeing all of you again next year.

Port Colborne Historical and  
Marine Museum

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## ■ COLUMN

# Arabella's Tea Room a getaway with tradition



LINDSAY COSTELLO InPort News Photo

Bonnie Johnston, Rose Archer, Lyia Sebastiani, Elaine Paquet, Becky Utz and Margaret Krueger are volunteers at Arabella's Tea Room, which located on the Port Colborne Historical and Marine Museum grounds. They were on hand to serve tea traditional Christmas pudding and sauce this past week as they closed out the season.

LINDSAY COSTELLO  
Special to InPort News

Tucked away behind the gates of Port Colborne's Historical and Marine Museum is a unique getaway for tea and dessert lovers who are looking to devour a traditional experience.

Arabella's Tea Room was established in 1977, just two years after the museum's inception inside a small home, which was built in 1915. The cottage-style home that sits on the museum grounds was property of the tea room's namesake, Arabella Williams, who owned the lot at 280 King St. and rented the space out while living in the facility's main building.

Open daily from 2 p.m. to 4 p.m. from June to September, the Edwardian tea room is a busy place, drawing in visitors of all ages from across the region.

Although it is a central fixture in the city, the secluded buildings on the grounds create a country feel that can transport visitors back in time.

An authentic atmosphere is created through the use of decorations, handmade table dressings, and china cups and saucer used for serving. The about 40 volunteers don traditional garments while on duty to add to the old-fashioned feel.

A portrait of Arabella Williams hangs inside the tea room and adds to the décor. Her likeness is also used as an emblem of the facility.

Although the establishment is closed during the winter months, Arabella's Tea Room opens its doors each December for a special treat.

Volunteers served up traditional Christmas pudding and sauce during Shoppers' Week in Port Colborne from Dec. 5 to 10 following a busy day at the museum's 35th annual Grand Old Christmas Festival on Dec. 4.

"You don't get it many other places," said Bonnie Johnston of the steamed pudding that volunteers prepare in anticipation of the many guests volunteers anticipate greeting during December's events.

Johnston, who has been volunteering at the tea room for 33 years and helped co-ordinate the event, said she has seen people come from far and wide to taste the traditional recipe she describes as a very sweet dessert that is topped with a caramel sauce.

Many volunteers have been involved in the preparations over the years and have their methods down to a science. They were able to dish out about 400 servings this past week.

Johnston said patrons were lined up outside during the Grand Old Christmas Festival to reserve their spot inside and that traffic had been steady during pudding and sauce week.

During the regular season, Arabella's serves hot tea and biscuits and in the summer flavoured tea is added to the menu.

Although its doors are now closed for the winter, Arabella's Tea Room will continue to prove a time-honoured experience for guests when it kicks off the new season with its annual Pic Social in May.

No matter the occasion, Arabella's Tea Room is a unique experience for those looking to take in a traditional treat.

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■ **SAFETY:** High number of Port Colborne homes without functioning detectors

# 'Smoke alarms are your best friend'

DAVE JOHNSON  
InPort News Staff

**PORT COLBORNE** — Smoke alarms save lives, but for whatever reason people here aren't getting the message.

"We went into 240 homes and in more than 45% we had to install smoke alarms or batteries," said Mike Bendia, fire prevention officer for Port Colborne Fire and Emergency Services.

"We were in the same area in 2002 and for some of these people it was the second time around."

By law, smoke alarms are required on every level of a home and outside of every sleeping area.

Based on discussions with fire prevention officers from across Niagara, Bendia said Port Colborne is not alone with a compliance problem.

"Everyone is finding it. I don't know if the fear of being charged is wearing off," he said.

The fire service is not afraid to charge homeowners.

Eighteen charges for not having a smoke alarm or working smoke alarm have been laid since June of this year in Port Colborne.

"We take people to court," said fire Chief Tom Cartwright, adding people do receive summonses from

the fire service.

Bendia and Cartwright said fines can be substantial. If a person takes a plea in court, the fine can be as low as \$2,500.

"We issue a (Part 3) summons, a person hires a lawyer and we meet in court," said Bendia.

A charge is laid for every smoke alarm in the home that is not working or not there. Of the 18 people charged since June, six have paid fines. One homeowner was in court and a judge fined the person \$4,800.

"That's \$4,800 for two \$10 smoke alarms," said Bendia, adding the fire service is taking a zero-tolerance approach to the issue.

Fines for businesses and landlords can be substantially higher. On average, landlords could see minimum fines of \$5,000 with a plea agreement.

"If people go to trial, judges could dole out substantially higher fines."

Bendia said the reason people receive a summons to go to court instead of a ticket is that the fire service "honestly believes a \$200 ticket is not a deterrent."

He, the chief and Bill Teal, also with the fire prevention office, said it's been proven again and again that smoke alarms save lives and, with today's fires, the



DAVE JOHNSON Staff Photo  
Bill Teal, left, of Port Colborne Fire and Emergency Services, and fire prevention officer Mike Bendia hold up a smoke alarm and carbon monoxide detector. The two men say far too many people in Port Colborne don't have a working smoke alarm or have none at all.

extra minute or two a smoke alarm may alert someone can make all the difference in the world.

Two fatalities in the past year in Port Colborne could have been prevented if the occupants had working smoke alarms, the men said.

"I believe the people would have made it out of their homes," said Bendia,

adding the people were found within a metre of an exit door.

Small fires, he said, turn into large quantities of black smoke and 500-degree temperatures within the five- to six-minute range due to various materials found inside homes.

"If you haven't started getting out in that time, you

may not make it out. Smoke alarms are your best friend, they will give you that extra minute or two to get out."

The three men said firefighters do run smoke alarm programs throughout the year, but letting them through the front door is not mandatory.

"The program is voluntary, but 95 to 98% of the people let us in," said Cartwright.

Bendia said the fire service tracks and documents everywhere it goes. If a homeowner chooses not to allow firefighters inside, a letter is sent to the homeowner. That way if there is ever a problem at that home, it's on record.

"If we are inside a home, we never leave without putting up a smoke alarm, whether it's myself, Bill or the duty crew," he said.

Though not mandatory in all homes, like smoke alarms, the three men recommend people install carbon monoxide detectors and install them outside each sleeping area. Carbon monoxide detectors are required in homes that have gas-fired boilers and in new homes.

Teal said there are combination units on the market that people can purchase. The fire service sells carbon monoxide detectors for \$20.

"If someone is not able to buy a smoke alarm or are elderly, we'll help out," he said.

Anyone with questions or seeking more information about smoke alarms and where they should be placed, can contact the fire service at 905-834-4512.

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■ **CAMPAIGN:** 12 Days of Holiday Fire Safety tips to help keep us safe this Christmas season

# Fire risk higher during holiday season

DAVE JOHNSON  
InPort News Staff

**PORT COLBORNE** – Alcohol plays a major factor in the number of fire calls firefighters respond to in the city throughout the year.

“The No. 1 cause of fires in

the city is cooking-related, and 50% involve alcohol,” said Mike Bendia, Port Colborne Fire and Emergency Services’ fire prevention officer.

During the holiday season, alcohol plays an even bigger role, said both Bendia and Bill Teal of the city’s fire prevention office.

There’s more partying and more alcohol consumption, the two men said.

They said the risk of fire during this time is already so much higher, without alcohol being a factor.

“People have candles, lights and trees out, things they don’t normally have

around the rest of the year,” Bendia said.

The two men, along with fire Chief Tom Cartwright, said people also throw out ashes from ashtrays into bags or garbage pails and those can catch on fire if the ashes are smoldering. Add in ashes from fireplaces or

wood burning stoves being in combustible containers, and that causes more problems.

Items like that should be put in non-combustible containers and put outside where it’s safer.

“When you leave a room, blow out your candles and don’t leave the house with-

out doing the same,” said Bendia.

If Christmas lights aren’t working properly, don’t use them, buy new ones. Power bars should be used to turn the lights on and off instead of extension cords.

see CAMPAIGN | page 9

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## ■ CAMPAIGN

# 12 tips to consider over the holidays

## FROM PAGE 8

Teal said firefighters are doing a holiday blitz right now, to keep people safe during the 12 Days of Holiday Fire Safety campaign. The campaign is run by the fire service and information is provided by Ontario's Office of the Fire Marshal. To help reduce fire losses this year, the fire service is asking people to consider a holiday fire safety tip each day.

## The 12 tips are:

- Day 1.** Warm fresh Christmas trees daily.
- Day 2.** Check all sets of lights before recoupling.
- Day 3.** Make sure you have working smoke alarms.
- Day 4.** Make sure you have working carbon monoxide alarms.

**Day 5.** Make sure everyone knows how to get out safely if a fire occurs.

**Day 6.** Use extension cords wisely.

**Day 7.** Give heaters space.

**Day 8.** When you go out, blow out all candles.

**Day 9.** Keep matches and lighters out of sight and reach of children.

**Day 10.** Watch out what you heat. Stay in the kitchen when cooking.

**Day 11.** Encourage smokers to smoke outside.

**Day 12.** Keep a close eye on anyone in your household who consumes alcohol while cooking or smoking.

For more information, contact Port Colborne Fire and Emergency Services at 905-834-4512.

## ■ VALE: Dead batteries in nickel plant's system

## Fase chemical alarms trigger fire response

DAVE JOHNSON  
INPort News Staff

**PORT COLBORNE** — Dead batteries triggered a chemical alarm at Vale Sunday, Dec. 4, sending firefighters, who were ready for the worst, to the nickel plant.

A day later, Port Colborne Fire and Emergency Services were back at the plant, as the alarm, which sounds for such things as chlorine and sulphur dioxide, went off again.

This time, it was the alarm company that was doing repairs on the system and set it off.

Fire Chief Tom Cartwright said the alarm was a Level 2, which requires a response by the fire service.

"They have an internal team that deals with Level 1 alarms in the plant," he said, adding those alarms are usually false or minor in nature.

Cartwright said there had been a power failure in the plant and for whatever reason it went unnoticed in the area that controls sensing equipment. When the batteries were down, it triggered the Level 2 alarm on Sunday.

When firefighters responded to the scene, he said, workers at the plant were in safe rooms located

throughout the sprawling facility.

"I called for our decontamination centre and tent to put our people in. If one of the calls had been a real leak, we would have called in the regional hazmat team."

The team consists of firefighters, police and paramedics from across Niagara who are trained to deal with hazardous materials and have equipment, stored in Thorold, which would have been brought down.

Cartwright said in the event of a real leak, the fire service would advise people to close all their doors and windows and anything that would allow air into their home.

If the situation warranted it, the city's emergency control team would be activated, and agencies like Niagara Region, Ministry of Environment and Emergency Measures Ontario could be involved. An evacuation could take place as well, but it would depend on the severity of the leak and the prevailing winds.

Cartwright said Vale's chemicals are identified as a major risk by the fire service, but added, "we have risks with the various vessels and transport trucks that pass through the city each day."

## ■ CORNER CAFE AND GAS BAR TURNS 8



The Corner Cafe and Gas Bar, at the corner of Hwy. 3 and Burnaby Rd. in Wainfleet, celebrated its eighth anniversary recently and that it became an Esso Station as well, with new gas pumps and a Country Style Outfit. From left are Herb Decker, regional business manager for Country Style, owners Raj and Harry Sidhu and Mayor April Jeffs.

## PROPOSED SKATEBOARD & BMX PARK SITE SELECTION

### NOTICE OF PROJECT AND PUBLIC INFORMATION SESSION

#### BACKGROUND

The need for a permanent skateboard/BMX park was originally identified by Staff, City Council and local merchants a number of years ago, as many youth were skating and riding in unsafe areas and causing damage to buildings and city infrastructure. During the City Council strategic planning session in 2010, council identified the construction of a permanent skateboard/BMX park as a priority for 2011. In February of 2011, a Skate Park Group Subcommittee was formed consisting of 2 adults, 16 youth, 3 staff and 1 Niagara Regional Police Officer.

On May 31, 2011 City Council approved Community & Corporate Services Report # 2011-13 which identified Lock 8 Park as the preferred location of the skateboard/BMX park and authorized City Staff to contact the St. Lawrence Management Corporation for permission. This report also authorized this request for proposal for a design consultant to work with the Mayor's Youth Advisory Council (MYAC), the Skate Park Group Subcommittee and interested members of the general public to design a permanent concrete skate park suitable for a range of skill levels and a variety of uses, including skateboarding, BMX biking and inline skating.

Through the RFP process the City has selected LANDinc, of Toronto, Ontario to complete the Design Element of the proposed Skateboard and BMX Park. They have designed numerous skateboard and BMX parks throughout the province working with the community youth and the Municipality to design functional and feasible facilities to suit everyone's needs and budget requirements.

The City is asking all residents and property owners located in the three (3) areas listed below for their participation and cooperation in the selection of the site for the proposed Skateboard and BMX Park.

The sites are listed below in no particular order:

1. Seaway Park
2. HH Knoll Park
3. Lock 8 Park

A Public Meeting has been planned to provide information on the three (3) sites listed and to aide staff in selecting the best site for this endeavor. The time and location of the public meeting is as follows:

Date: Monday December 19th, 2011  
Time: 6:30pm – 8:30pm  
Location: Council Chambers, City Hall

For additional information please contact either of the individuals listed below:

Ms. Gina Murdoch  
Special Events Coordinator  
MYAC Staff Advisor  
City of Port Colborne - Rosewell Centre  
286 Fairview Avenue  
Port Colborne, ON L3K 4T6  
Email: gina.murdoch@portcolborne.ca  
Phone: 905-834-1666 x208  
Fax: 905-834-2072

Mr. Jim Huppunen, A.Sc.T.  
Manager of Engineering Services  
Project Manager  
City of Port Colborne  
85 Charlotte Street  
Port Colborne, Ontario L3K 3C8  
Email: jim.huppunen@portcolborne.ca  
Phone: 905-835-2301, Ext. 221  
Fax: 905-835-2359

■ **ENERGY:** Cindy Forster made 'humongous mistake' in ignoring Wainfleet's concerns



DAVE JOHNSON Staff Photo

Wainfleet council was disappointed in the decision by Welland riding MPP Cindy Forster to vote along party lines against the recent Local Municipality Democracy Act bill. The bill sought to give control back to municipalities when it comes to decisions on where wind turbine projects, like this one seen in nearby Lowbanks, would be located.

# MPP slammed for toeing party line in wind turbine vote

DAVE JOHNSON  
InPort News Staff

WAINFLEET — Welland MPP Cindy Forster didn't make a lot of friends in Wainfleet township with her vote against the Local Municipality Democracy Act on Thursday, Dec. 1.

The word "disappointed" came out a lot when Wainfleet aldermen and the mayor were asked about the New Democrat's vote on the private members bill, introduced by Todd Smith, the Conservative MPP for Prince Edward-Hastings in the Belleville area.

The bill would have given municipalities back some control over the location of industrial wind turbines proposed in their areas. That control is now held by the province under the Green Energy Act.

"I'm more than disappointed, I'm pissed," Ald. Betty Konec said. "Wainfleet is typically Conservative ... she hasn't made any friends with that vote, there are a lot of unhappy people here. She's made a humongous mistake."

Konec said if Forster wasn't going to stick to a campaign promise to put power back in the hands of local municipalities, then the MPP should have abstained from the vote, like a number of her colleagues in the New Democratic Party did last Thursday.

"Would Peter (Korman, the riding's former MPP, also a New Democrat) have gone against his party? Of course he would have."

Konec, like the rest of her colleagues on township council, said Wainfleet isn't against green energy, it just wants to have control over where they are placed and to see more studies into health and property value issues. Other countries, she added, have far more experience with turbines and the government should have looked to them. She used Spain as an example of a country that is suffering partially because of problems with green energy through wind turbines.

As for the excuse by the provincial government that municipalities could say no to turbines and

then cause decisions to go to the Ontario Municipal Board (OMB), Konec said "so be it."

"We are the people speaking and we represent the people. The people in Wainfleet have said they don't want wind turbines."

Ald. Richard Dykstra was disappointed with the vote at Queen's Park and the way it went.

"I'm not happy at all. I'm very disappointed in the NDP and particularly Cindy Forster for voting along party lines. She did not listen to her constituents," he said, adding when Forster was running for in the provincial election, she stumbled around the wind turbine issue.

**"I'm more than disappointed, I'm pissed. Wainfleet is typically Conservative ... she hasn't made any friends with that vote, there are a lot of unhappy people here. She's made a humongous mistake."**

Ald. Betty Konec

He said Forster promised to do what was right for the people, but showed with her vote she's not willing to stand up for them.

"She got in under Peter's name and coastals. Peter would stand up for what was right."

Dykstra, who has no problem declaring himself a Conservative, said in a democracy representatives have to listen to the people.

"Personally, I don't like wind turbines. In all of the phone calls I received, it was 100 to one against them rather than in favour. My job is to support what the people say ... I have to do what's right for the people."

The alderman said despite his personal position on the turbines, if people in Wainfleet wanted them, then he would vote in favour of them as their representative.

see ENERGY | page 11

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## ■ ENERGY

# 'Not many people in Wainfleet are for turbines'

FROM PAGE 10

"It's not the party that helps you win an election, it's the people," he said, adding he's not against green energy, just against being handcuffed by the government.

Ald. David Wyatt said federal and provincial politics are prone to people voting along party lines and there are no free votes. Wyatt said it appears Forster has abandoned her constituents and been held hostage by her party. He said it was a shame she couldn't support the people that voted her in.

**"It almost made us want to have Peter back, not that I necessarily agreed with him, but at least he stood up to his party. Do we have a voice at Queen's Park now with Cindy? No, we don't."**

Ald. David Wyatt

"It almost made us want to have Peter back, not that I necessarily agreed with him, but at least he stood up to his party. Do we have a voice at Queen's Park now with Cindy? No, we don't."

Wyatt said all Wainfleet as well as many of the municipalities which have passed moratoriums on wind turbines want to have the decision-making on wind turbines placed back in their hands.



Konc



Dykstra



Wyatt



Jeffs



Hessels



Forster

"I hope this bill comes back," he said, adding if it does, MMPs should be allowed to vote the way the constituents in their ridings want them to.

Ald. Ted Hessels, who made the trip Queen's Park with Ald. Konc and Mayor April Jeffs on the day of the vote, said they saw Forster before the vote, but she never sought out their thoughts on the issue.

"She's supposed to fight for us," said Hessels, adding Forster didn't even, "look their way once the vote was over."

Like his fellow politicians, the second-term alderman, was disappointed the local MPP didn't listen to the constituents of Wainfleet.

"She didn't get our take on it at all. Not many people in Wainfleet are for turbines."

He isn't opposed to green energy or even the thought of wind turbines so much as he is to the loss of municipal control in the decision-making process.

For Hessels, one of his biggest problems with the local turbines is the fact that placement of one could potentially cause Skydive

Burnaby, a long-standing business, to shut down.

If that were changed, he could see turbines in Wainfleet, but placed in something like an industrial park.

He also doesn't like the fact that it's only a few people potentially making money off of wind turbines, while provincial taxpayers will be faced with paying more for electricity.

Jeffs, like her council, expressed disappointment with Forster. She and West Lincoln Mayor Doug Joyner met up with Conservative leader Tim Hudak at Queen's Park during a rally in before the final vote. Jeffs said Hudak acknowledged the two mayors when he

was speaking to the bill. She said it was an interesting back and forth and the debate ended when one member of the NDP caucus spoke against it.

Once the vote was taken, Forster stood against the bill. She thought maybe Forster would have abstained from the vote.

"We were all disappointed. I understand the party line thing ... and we were told the NDP had been whipped," she said, using a term that means party members are brought in line to all vote one way.

Though the vote didn't go the way the mayor wanted, she was still excited that the bill made it as far as it did.

**"We were all disappointed. I understand the party line thing ... and we were told the NDP had been whipped."**

Wainfleet Mayor April Jeffs

"It's a good first step," Jeffs said, adding she hopes the bill is brought back in some form or another.

All she wants, she said, is for the decision-making to be returned to the local level.

As for the proposed projects in her township, one by IPC Energy and the other by Niagara Region Wind Corp., Jeffs said there hasn't been much movement on either. IPC, she said, came in to speak to the planner about using a road to access the proposed towers. She hasn't heard from Niagara Region Wind Corp. since it held a public meeting in September.

djohnson@wellandtribune.ca  
Twitter: @DaveJTheTribune



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■ **ENERGY:** MPP defends opposing proposed wind turbine legislation

# 'Very narrow' bill didn't go far enough: Forster

DAVE JOHNSON  
InPort News Staff

WELLAND — Bill 10, the Local Municipality Democracy bill, wouldn't have given municipalities, including Wainfleet, what they wanted, said Welland riding MPP Cindy Forster.

"It only dealt with wind and solar, it didn't talk about nuclear, natural gas, hydro and other energy projects...it was very narrow. It was for those reasons that the NDP didn't support the vote," she said.

Forster acknowledges she stuck with the party line on voting against the bill, which was brought forward by Conservative Todd Smith, MPP for Prince Edward-Hastings. The bill looked to give back to municipalities control over wind and solar projects, control taken away by the

Green Energy Act.

Asked why she didn't just abstain from the vote, like some of her fellow colleagues did, the rookie MPP said she doesn't believe in abstaining.

"It looks like you're not prepared to say what you feel," she said, adding the only reason for abstaining from a vote is because you just can't be there.

When the Green Energy Act was under the public consultation process, Forster said the NDP put forward many proposed amendments, including greater public and municipal consultation and a longer commenting time period for municipalities so they could be heard.

"The Liberals voted down all of the amendments when they had a majority government."

She said there needs to

be greater transparency in the Green Energy Act and more local input into local projects so municipalities have a greater say, but she doesn't believe in going back to the municipal level approach in the decision-making process.

"Projects would end up at the Ontario Municipal Board (OMB) and every municipality would have different regulations on the issue. There would be a patchwork of regulations across the province."

Municipalities, she said, would have to come up with the money fight developers at the OMB.

"At the end of the day, the OMB usually votes in favour of the developer anyway."

The economic consequences of voting down wind and solar projects have to be taken into consideration as "it's not like

Ontario is flush with jobs." The MPP said she is listening to people.

"We certainly had tons of

discussion as a caucus."

Forster would be happy to meet with Mayor April Jeffs and Wainfleet to have a dis-

cussion around the issue.

djohnson@wellandtribune.ca  
Twitter: @DaveTheTribune

■ **HEALTH:** More transparency called for

## Cap urged for hospital CEO pay

InPort News Staff

WELLAND — Welland MPP Cindy Forster and the New Democrats want to see a cap put on salaries chief executive officers in Ontario's public health care sector earn.

John Manley, CEO of the Canadian Council of Chief Executives, recently released a report on hospital compensation commissioned by the Ontario Hospital Association.

While the report acknowledges problems and calls for more transparency, Ontario New Democrat Leader Andrea Horwath said stronger action needs to be taken to get executive compensation under control.

During the last election campaign, Horwath proposed a hard cap on all public-sector CEO salaries at twice the level of the premier's salary.

In 2010, Premier Dalton McGuinty made \$208,874. That year, nearly 50 hospital executives made more than double the premier's salary, compared to 12 in 2003.

The top CEO at a hospital in 1999 earned \$540,000. In 2010 that figure increased by 55% to \$830,000.

Forster, a former nurse and longtime health-sector employee, stressed the need for a cap to be put in place to ensure tax dollars are being put where they're most needed.

"There's something a bit obscene about thinking CEOs, just because they're the head of hospitals, are making \$500,000, \$600,000, even \$1 million of public dollars that should be used for front-line care," she said.

In talking to nurses and health-care workers recently at the Niagara Health System, Forster said they're "exhausted and bursting at the seams."

"We need to think about where that money really should be going."

Forster said the New Democrats will be bringing forward a recommendation in the new year that sees further action taken to address bloated CEO salaries.

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## ■ FIRST SNOWFALL



A backhoe loads sand into a City of Port Colborne sander at the public works yard Friday morning. Several trucks were filled up and headed out to sand the roads after the first snowfall of the season.

DAVE JOHNSON Staff Photo

■ **COMMUNITY:** School hosts its first tree-lighting ceremony

# Lakeshore's spirit shines bright

HEIDI GRZESINA  
For InPort News

**PORT COLBORNE** — The chill of the moonlit evening couldn't touch the warmth generated by Port Colborne's Lakeshore Catholic High School students, staff, family and friends as the first tree-lighting ceremony was held on school grounds recently.

"We hope this will be embraced by the community in continuing years, said teacher Louisa Ibbotson.

"We hope this will be embraced by the community in continuing years. The season celebrates the transformation of the cross into the tree of life."

Louisa Ibbotson, teacher

"The season celebrates the transformation of the cross into the tree of life," said chaplain Kathy Mistry as the ceremony began with opening prayers and a tree blessing.

With lit candles in hand, the 27-member choir, accompanied by teacher Stephanie Colangelo, began singing Christmas carols while the majestic tree in



front of the high school erupted into a cavalcade of lights.

Several choir members then dispersed to light candles held by audience members and the remaining choir members continued to sing until all candles were lit.

Program features

included Con Brio, an eight-member ensemble directed by music teacher Andy Smith and Ibbotson, and the glee club under the direction of Meghan Bodis and Katie McAllister.

Lakeshore's faith formation committee was inspired to begin this new tradition in an effort

involve the community in a celebration of Christmas, Ibbotson said.

"It took about a month to prepare the singers and the kids for this event," she said.

Hot chocolate supplied by Lisa Bowers and the fair trade club added belly warmth to all the candle-lit smiles present.



HEIDI GRZESINA  
InPort News Photos  
Port Colborne High School choir sings at the first tree lighting ceremony Wednesday evening.



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## ■ MUNICIPAL FINANCE

# Port tax hike climbs 'simply unacceptable'

MARYANNE FIRTH  
InPort News Staff

Colborne nearly doubled its tax levy increase during budget deliberations, ending the evening at 8.47%.

"It's a work in progress. We need to bring that way down," Mayor Vance Badawey told council as the meeting came to an end.

"I don't want to go into Christmas holidays at 8.47%," he said, calling the increase to taxpayers "simply unacceptable."

The draft 2012 budget presented by city staff began with a 4.46% increase, but after councillors sifted through requests, initiatives and capital projects, the number began to climb.

In the draft, requests and initiatives were prioritized by staff, with mandatory items, such as \$32,000 for sick leave retirement payouts, and recommended items, including \$42,000 for a facilities programmer, marked on the list as key investments.

Council took time discussing each item on the lengthy list, deciding to also add \$43,500 for extra ditching work, \$10,000 for tree removal/trimming, \$3,900 for environmental initiatives, \$4,000 for Port Colborne Historical and Marine Museum to create a travelling exhibit for the War of 1812 bicentennial and \$23,000 for a pilot program to run the city's transit services Saturday.

When moving through the list of capital requests, some questions were raised about a \$39,500 item for a storage barn facility for the new health and wellness centre.

The city's parks division needs somewhere to store turf and landscape equipment to maintain the grounds at the complex, said public works superintendent Paul



Badawey

Peyton. Equipment was previously stored in the garage of Teeder Kennedy Arena before its demolition and has since been stored in rented storage containers for a little more than \$200

a month.

Ward 3 Coun. Bea Kenny asked why storage was not included in the design of the new facility, for which construction is well underway.

**"It's a work in progress. We need to bring that way down."**

Mayor Vance Badawey

Peyton said the proposed pole barn can be built much cheaper as a stand-alone structure than if it was included in the square footage of the centre. Funds for the barn were then approved.

The next budget meeting takes place Tuesday, Dec. 13 in council chambers beginning at 5:30 p.m.

[mfirth@wellandtribune.ca](mailto:mfirth@wellandtribune.ca)  
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## ■ SNOW REMOVAL STAFF GET THE CALL



DAVE JOHNSON Staff Photo

A snowplow goes down Morgan's Point Rd. in Wainfleet Friday afternoon. Plows, sanders and salters were out across Niagara after an overnight snowfall.



## ■ inPortbriefs

**CELLPHONE KEY  
IN CHILD PORN ARREST**

**PORT COLBORNE** — A voyeurism incident at Canal Days in July may have led to the arrest of a 48-year-old Orillia man on child pornography charges.

Niagara Regional Police began an investigation into an incident that involved voyeurism and young girls at the popular Port Colborne festival, said Det. Sgt. Ken Harrison.

Because of the nature of the subject, she was unable to release any further details of what the incident entailed.

An arrest was made at the time of the incident, but no charges were laid.

As a result of the initial arrest, a cellphone was seized and investigation commenced.

The phone was analyzed and child pornography was found, Harrison said.

The Canal Days incident was not linked to the content on the phone, she added.

Lawrence Cadieux is charged with one count of possession of child pornography.

The accused was arrested in Orillia on Thursday and brought to St. Catharines where he was held in custody pending a bail hearing.

**COP RETURNING TO COURT**

**WELLAND** — A veteran Niagara Regional Police officer charged with assault after an altercation at the Vale nickel plant in Port Colborne will return to court next month.

The alleged Sept. 6 incident involved the off-duty NRP officer and a male security guard. Another uniformed police officer was also present at the time of the altercation and separated the two men, police said.

Const. Darryn Barrow, a 24-year veteran with the NRP, has been charged with assault.

His case was before Welland court on Friday and has been adjourned until Jan. 20.

**ANCHOR STALLS CANAL**

**PORT COLBORNE** — Ship traffic resumed on the Welland Canal last Friday afternoon after divers found a runaway anchor at the bottom of the waterway.

St. Lawrence Seaway Management Corp. spokesman Andrew Bogora said the anchor came loose from a ship near Bridge 22 in Port Colborne Friday morning. Divers were deployed to find the anchor, stalling six ships, including the one that lost the heavy weight.

Bogora said divers found the anchor lying on its side at the bottom of the canal and traffic resumed at about 1 p.m.

**FORSTER GIVES SPEECH**

**TORONTO** — Welland MPP Cindy Forster pegged jobs and health care as her priorities this term during her first speech to the Ontario legislature.

She outlined some of the challenges faced by the Welland riding, including factories closing and jobs being moved to other provinces and countries.

"Some of these factories had millions of dollars in taxes invested to expand or renew, but they turned their backs on their communities and on their workers and they moved those jobs to Mexico and to the United States," Forster said.

"This is why the NDP plan to ensure corporate tax breaks and incentives are tied to jobs is important. We need to rebuild our manufacturing sector and the economy," Forster also spoke about the need for improved access to senior support services and shared concerns of the state of health-care services in Ontario.

## ■ SNOW BIRDS



DAVE JOHNSON Staff Photo

Gulls fly away after sitting in the snow at H.H. Knoll Lakeview Park Friday morning.

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# EDUCATION: Spring welding challenge showcased



EDDIE CHAU Staff Photo

Peter Blatchley creates some sparks as fellow Port Colborne High School students Daniel Dressel, Travis Tweeney and Nick Stewart watch on.

# Sparks fly at Port High

InPort News Staff

PORT COLBORNE — There were plenty of sparks coming from behind Port Colborne High School.

No, it wasn't from students playing tonsil hockey with each other, rather it came from within the school's metal works shop last week.

Twenty students from seven schools — Port High, Bearville Secondary, Kernahan Park, Port Erie Secondary, Thorold Secondary and E.L. Crossley — donned their welding masks to showcase their best talents during a preview exhibition for District School Board of Niagara's DSBN Regional Welding Challenge taking place in March.

"It's nice to bring all the students together and show them how the competition will be laid out and what will be done," said Port High teacher Vic Barker, who serves as the event's convener.

Barker said Port High was a suitable location for the showcase because of its previous success in welding. Last term student Daniel Dressel won a gold medal at the Ontario Technological Skills Competition.



EDDIE CHAU Staff Photo

Port Colborne High School student Nick Stewart welds two pieces of metal together during an exhibition at the school Wednesday night.

There are five Port High students competing for three spots at the regional competition. Among them is Nick Stewart, who said he likes welding because it gives him a challenge at school besides homework.

"It's something that I can also do after high school," Stewart said.



EDDIE CHAU Staff Photo

Eastdale Secondary School student Anthony Catalano is one of 20 students from District School Board of Niagara schools to participate in an exhibition preview of the DSBN Regional Welding Challenge, Wednesday night.

## Christmas and New Years Holiday Deadlines for the Sun Media Classified Network

### TRIBUNE

Publication Date	Word Ad Deadline	Display & Photo Deadline
Dec 21	Dec 20 at 1 p.m.	Dec 19 at 1 p.m.
Dec 22	Dec 21 at 1 p.m.	Dec 20 at 1 p.m.
Dec 23	Dec 22 at 1 p.m.	Dec 21 at 1 p.m.
Dec 24	Dec 23 at 1 p.m.	Dec 22 at 1 p.m.
Dec 26	Dec 23 at 10 a.m.	Dec 22 at 1 p.m.
Dec 27	Dec 23 at 10 a.m.	Dec 22 at 1 p.m.
Dec 28	Dec 27 at 1 p.m.	Dec 22 at 1 p.m.
Dec 29	Dec 28 at 1 p.m.	Dec 27 at 1 p.m.
Dec 30	Dec 29 at 1 p.m.	Dec 28 at 1 p.m.
Dec 31	Dec 30 at 10 a.m.	Dec 29 at 1 p.m.
Jan 3	Dec 30 at 1 p.m.	Dec 29 at 1 p.m.

### PELHAM NEWS & INPORT - word and display

Publication Date	Deadline
Dec 23	Dec 16 at 10 a.m.
Dec 30	Dec 23 at 10 a.m.

### CELEBRATIONS PAGE

Publication Date	Deadline
Dec 24	Dec 19 at 1 p.m.
Dec 31	Dec 27 at 10 a.m.

Tribune Office will be closed December 26, 2011 and January 2, 2012.

## ■ SPORTS

CLUB FRONTENAC  
VOLLEYBALL LEAGUE

Here are the results from Club  
Frontenac Volleyball League play on  
Friday, Dec. 9

**Competitive A**

Canaids 3

Island Heat 0

McNay Construction 3  
Buckner's 0

Davidson's Funeral Homes 3  
Smokin Buddha 0

The Healthy Cupboard 3

Frank's Home Hardware 0

Smokin Buddha 2  
Emerald Pines 1

**Competitive B**

South Coast Cookhouse 2  
F.A.Y Farms 1

The Mill Ridgeway 1  
F.A.Y Farms 2

The Reeb House 0  
The Belmont 3

RCJ Dream Renovations 2  
The Mill Ridgeway 1

Port Colborne Laundry 1  
The Belmont 2

Dr. Parr Optometry 2  
Boggio's Pharmacy 1

The City Tavern 1  
Drifters 2



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■ **HEALTH:** Port High students learn to handle stress in their lives

# Workshop stresses skills to fight stress

DAVE JOHNSON  
InPort News Staff

**PORT COLBORNE** — Everyone has high levels stress in their lives, but that doesn't mean they still can't be productive.

Stress can be problematic, but there are techniques and ways that can help a person manage it and still be efficient."

**Stress can be problematic, but there are techniques and ways that can help a person manage it and still be efficient."**

Linda Ressler, a social worker with Bridges Community Health Centre

niques and ways that can help a person manage it and still be efficient," Linda Ressler, a social worker with

Bridges Community Health Centre, said.

Ressler was at Port Colborne High School last week talking about stress with about 40 students from all grades.

"Stress affects us physically as well as how we feel emotionally and mentally."

She led students through a number of exercises designed to help keep down stress levels.



lannetti

Standing yoga and sitting meditation were just two things she showed students during the two-hour workshop. Breathing in and out on specific counts is another way a person can keep stress in check.

see **HEALTH** | page 23



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**TRIBUNE****Publication Date**

Dec 21  
 Dec 22  
 Dec 23  
 Dec 24  
 Dec 26  
 Dec 27  
 Dec 28  
 Dec 29  
 Dec 30  
 Dec 31  
 Jan 3

**Word Ad Deadline**

Dec 20 at 1 p.m.  
 Dec 21 at 1 p.m.  
 Dec 22 at 1 p.m.  
 Dec 23 at 1 p.m.  
 Dec 23 at 10 a.m.  
 Dec 23 at 10 a.m.  
 Dec 27 at 1 p.m.  
 Dec 28 at 1 p.m.  
 Dec 29 at 1 p.m.  
 Dec 30 at 10 a.m.  
 Dec 30 at 1 p.m.

**Display & Photo Deadline**

Dec 19 at 1 p.m.  
 Dec 20 at 1 p.m.  
 Dec 21 at 1 p.m.  
 Dec 22 at 1 p.m.  
 Dec 22 at 1 p.m.  
 Dec 22 at 1 p.m.  
 Dec 22 at 1 p.m.  
 Dec 27 at 1 p.m.  
 Dec 28 at 1 p.m.  
 Dec 29 at 1 p.m.  
 Dec 29 at 1 p.m.

**FELHAM NEWS & INPORT - word and display****Publication Date**

Dec 23  
 Dec 30

**Deadline**

Dec 16 at 10 a.m.  
 Dec 23 at 10 a.m.

**CELEBRATIONS PAGE****Publication Date**

Dec 24  
 Dec 31

**Deadline**

Dec 19 at 1 p.m.  
 Dec 27 at 10 a.m.

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He was awarded a certificate of merit by The Mitchener Foundation for his efforts to legalize heroin to ease the suffering of terminal cancer patients. His Gifford-Jones Foundation donated \$500,000 to establish The Gifford Jones Professorship in Pain Control and Palliative Care at The University of Toronto Medical School. During his career he has travelled extensively to interview a number of internationally renowned scientists and researchers.



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